

AMANDA ANDERSON

Event and Retreat Topics



Multi-day Retreats

Amanda offers fully developed retreat programs with customizable topics.

All retreats include:

- Three to four dynamic teaching sessions
- Small group discussion questions with leader guidelines
- Devotional curriculum for individual time

Topics for Events and Mothers' Groups

Amanda's sessions are rooted in the truth of scripture and seasoned with personal anecdotes to disarm your audience, make them laugh, and encourage vulnerability before God and each other.

Event Topics

Authentic Relationships

Build a loving Christian community by teaching your women to excel at love!

All My Friends Have Issues Churches always invite women to come and "find their tribe" of friends. The problem is that all the tribe members have issues! In this session, women learn how to address their issues and develop the qualities that cause friendships to thrive: honesty, humility, and self-awareness. Though she will remind us to have grace for our friends' shortcomings, Amanda will also define "deal-breaker" issues: signs that indicate a toxic relationship.

Awaken Encouragement The New Testament uses the word for encouragement 108 times - and never does it mean simply to act as cheerleaders. Instead, encouragement starts with authentic sharing and intentional listening. Awaken Encouragement invites your women to comfort, console, listen to, and exhort one another. Develop encouraging relationships that make you feel seen, known and loved.

God Loves Like a Mother While God revealed himself to patriarchal culture as a Father - one who gives status, inheritance, and authority - God also loves like a mother: with comforting, nurturing, fierce, and protective love. In this session, learn about the scriptural metaphors that reveal this side of God's heart, and how connecting to God's mother-love can heal and empower our relationships with female friends, moms, daughters, sisters, and mentors.

Boundary Basics for Moms When we become moms, there is one thing we can count on: Every one of our relationships will change. Amanda helps mothers find healthy boundaries that will steward energy and focus so they can give their best to their family and live a life of greater freedom. Working with the foundational concepts from *Boundaries: When to Say Yes and How to Say No to Take Control of Your Life* by Henry Cloud and John Townsend, Amanda addresses current issues for your women using the guidelines from this timeless classic.

Great Expectations: Healthy Marriage in the Real World *Do you want practical marriage advice that goes beyond male/female stereotypes?* Married 23 years to her college sweetheart, Amanda delivers this humorous, raw, and well-researched approach to building a satisfying marriage. Based in part on her work as editor of the *How We Love* small group series, Amanda delivers practical ways to understand yourself and your spouse better and how to communicate expectations and increase emotional intimacy.

Meeting Needs and Taking Names The vision of love that we learn in culture – or even in church – can be weak and watered-down! We need to follow God's example of love, which is tough and tender, comforting and conquering. With this topic, Amanda will help your women follow God's direction in love by recognizing, understanding, and engaging with others' emotional needs and protecting their own souls by setting limits.

Spiritual Self-Care

Provide hope and healing for women struggling with stress, anxiety, and emotional exhaustion.

A High-Performance Machine: Self Care as a Spiritual Discipline In an age where we are all stressed out and disconnected, women need to find restoration and comfort, not just escape. You are created to do good works, like Ferrari's, needing high-quality fuel to function and fulfill your purpose! Let Amanda show you how to embrace God's design for meeting your physical, emotional, and spiritual needs.

Put Away Perfect: Replacing Perfectionism with God's Perfect Will Perfectionism doesn't always manifest itself in the ways we expect: in a high-achieving "perfect" body and a Pinterest-worthy home. Perfectionism often causes procrastination and destroys our ability to take risks. While the world gives us all kinds of "should's" and "must's" to follow, God's pleasing and perfect will allows us to be a beautiful, beloved work in progress. (Romans 12:2)

What Can Depression Do for You? One in four women will struggle with depression in their life. Amanda educates women about risk factors and symptoms of depression and anxiety and shares her testimony -- leading you to the gifts of hope, resilience, humility, and surrender. This is a talk filled with laughter and tears. It's not depressing! Ideal for mothers' groups.

Holiday Talks

Oh Come Emanuel: The Cry of Our Hearts at Christmas Do you ever find yourself distracted -- or even dismayed -- by the expectations of Christmas? Christmas is not only for the "joyful and triumphant" but for the discouraged, doubtful, and downtrodden. Christmas is not the end of the story, but a promise that God is with us in the messy middle, pointing us to a more significant promise at the end: That He will one day wipe every tear from our eye and give us joy eternal.

Boundaries and the Holidays: How to Be a Cheerful Giver The Bible says that giving should lead to cheer, not bitterness and resentment. God-directed boundaries are the key to cheer during the holidays. In this session, your women will learn how to be responsible for their own expectations, emotions, limits, and desires to be a loving parent, daughter, wife, sibling, mother-in-law, and daughter-in-law during the holiday season.

Retreat Topics

The Wholehearted Retreat

"Blessed is she who has believed that the Lord would fulfill his promises to her!" ~Luke 1:45

Session One: The Love We Need We are blessed when we have the courage to believe that God will give us the love we need if we seek it. Learning to go where the love is, not where it's "supposed to be" is key to receiving the love He wants to give us.

Session Two: The History of Our Hearts Discover how our earthly families and past experiences shape our hearts and our ability to connect with others, and how what Satan intended for evil in our lives God intended for our good.

Session Three: Wholehearted Sisters What are the ways we use "Christianese" to hurt others? How can we learn to restore gently rather than rebuke harshly? What does it mean to mourn with those who mourn? This session focuses on how to avoid typical missteps in community through creating healthy spiritual and emotional boundaries in the church.

Session Four: Hearts in Training Action steps to strengthening our hearts and relationships.

God Loves Like a Mother Retreat

But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me. Psalm 131:2

In Scripture, God is not only Heavenly Father, but also a God that offers the tender, comforting, protective, life-giving love of a mother.

Session One: God Loves Like a Mother All of us had a mother, and she was a defining force in our life whether she was present or absent. Amanda will show your women how God offers us mother-love we need, the power to forgive the shortcomings of our earthly caregivers, and the wisdom to mother and mentor well.

Session Two: A Ministry of Reconciliation What is God's will for us as women as we mature into the image of Christ? How do we honor our parents and also break the strongholds of sin that are passed from generations? How do we love and guide the next generation, and also leave room for the new work that God is doing through them? With compassion and humility, Amanda will teach you how to bridge the gap between generations within the church.

Session Three: A Friend Who Loves at All Times The Bible calls us to offer one another encouragement and accountability? How do we offer these acts of love without judgement, enmeshment, or control? How do we navigate conflict in a healthy way? Let Amanda help you build a healthy community through Spirit-led relational skills.

Retreat Topics continued...

The Put Away Perfect Retreat

Do not conform any longer to the patterns of this world, but instead be transformed into a new person by changing the way you think. Then you will be able to know what God's will is for you: His good, pleasing and perfect will. ~Romans 12:2

At this retreat, your women will learn how to stop striving for perfection by the world's distorted standards, and take their places as a beloved, powerful daughters of God.

Session One: Perfectionist Thinking vs. Godly Thinking While God's perfect will for us is based on His perfect law that brings freedom (James 1:25), perfectionism, especially "should/must" thinking, is built on the shifting sands of culture and other people's expectations.

Session Two: "Put Away Perfect" in Your Faith Nowhere is perfectionism more dangerous than in our relationship with God. Revelation 12:10 calls our spiritual enemy "the accuser of our brothers and sisters, who accuses them before our God, day and night." In this session we'll take a look at God's heart toward us, and examine the difference between humility and shame, conviction and condemnation.

Session Three: "Put Away Perfect" in Relationships Perfectionism makes us hide our flaws from others, and reject people who expose their flaws to us. In this final session, Amanda will teach you how to love one another without having to "fix" one another, and guard your heart from unsafe friendships.

To book Amanda,
visit www.chaffeemanagement.com